

ACCELERATED LEARNING

**The Best Accelerated Learning
Techniques To Learn More, Improve
Memory, Enhance Intellect, and
Process Information Faster!**



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Introduction

I want to thank you and congratulate you for downloading this book, Accelerated Learning: The Best Accelerated Learning Techniques to Learn More, Improve Memory, Enhance Intellect and Process Information Faster.

This book contains proven steps and strategies that will greatly help you learn information faster and use it to your advantage in any situation you desire in life. This information I am going to be sharing with you can change your life in so many ways. If you practice and implement them on a consistent basis, the person you will become will truly amaze you.

If you follow the steps set forth in this book, you will be able to be more successful in all areas of your life. You will learn things faster, retain them better, and use them at a whole new level.

Take my hand and let me help you change your life!

Thanks again for downloading this book. I hope you enjoy it!

Chapter 1: How Does Accelerated Learning Work?

So much information flies back and forth in our lives on an everyday basis. We certainly do live in an extremely fast-paced world. Learning new things can seem as though it takes forever, and being able to remember all of the information we process can be nearly impossible considering all of responsibilities going on in our lives. We get busy with the real world, and it often takes precedence over making any significant changes in our lives.

If you can learn to use the proper accelerated learning techniques I will share with you within this book, then you can make your way in the world much more smoothly and become far more successful in any of your endeavors. Simply put, accelerated learning is the task of learning things in a fairly short period of time. However, it's not enough just to learn things quickly, you have to be able to remember the things that you pick up and process information on a much greater scale.

Scientists have discovered more about the human brain in the past 25 years than they were ever able to in all of the times before that. With all of the advances that have been made in the medical, scientific, and technological worlds, you can be sure that you have a lot of work to do if you want to keep up.

But do not let that intimidate you. By picking up this book, you have performed an important first step in making some positive changes in how you learn new things. Soon you will be flying past all of the obstacles that could be standing in your way. If you can learn faster, process information more rapidly, and absorb information more efficiently, you will rise to the top quicker than anyone else!

Think of it this way: you actively work on your body to make it stronger; it is now time to start doing the same with your brain. When you let your mental facilities deteriorate, you can run into problems in every aspect of your life. Here are just a few situations not training your brain can lead to:

- **Embarrassment**

When you have trouble with your memory, you can find yourself

in many frustrating situations. Building effective relationships is difficult when you can't remember the name of someone you met only a few days ago. You may also feel foolish when you are constantly trying to remember where you put things. Do you want to be remembered as the type of person who is always forgetting things and is considered to be “forgetful” constantly?

- **Employment dysfunction**

It is much more unlikely for you to get promotions or any recognition in your chosen career path if you are unable to learn quickly, adapt to new situations, and remember the facts you need to do your job competently.

- **Failing personal relationships**

Failing to keep your brain in good shape can cause unwanted stress in your personal relationships and may lead to unnecessary conflict. Even if everything seems to be going well, you just may jeopardize your relationships by forgetting a few important dates or letting yourself fall into a mental rut.

Do you understand now what can happen if you don't begin keeping up with the same standards for your mind that you have for your body? If you do not take care of your mind, you leave yourself open to developing diseases later in life, as your brain atrophies from disuse. But you absolutely do not need to let any of this happen to you! It is within your grasp to take 100 percent responsibility for your life—nobody is forcing you to sit by and idly watch as your mental facilities eventually fade away as you get older!

The chapters to follow will not only show you how to learn things faster but will also explain how to improve your memory and process all of this new information with accelerated speed. These instructions will help you build your intellectual powers and make you stronger mentally than you have ever been before.

Chapter 2: Effective Ways to Learn Effectively

To start down the road toward the accomplishment of your goals, you must first learn how to pick up information in a more effective manner. Although various trains of thought exist in terms of making this possible for you, there are some specific strategies you should pay close attention to if you are dedicated to making this your new reality. Here are the best ways for you to start learning things even faster and more effectively.

Pay Attention to the Way That You Learn

Everyone has a different way of learning things. Some people are visual learners; some are written learners. Others learn by doing or even by hearing information. The only way for you to become an effective learner and be more successful is to make sure that you are aware of the best way for you to absorb the things set in front of you. Remember that everybody is different. What works best for someone else may or may not be relevant to you. Experimentation is key. See what works for your own individual needs!

Get Rid of Distractions

Work at creating an environment that fosters learning. When you want to take in information, make sure that you are devoting your full attention to the matter at hand. Turn off your phone. Turn off the radio. Give everything to what you are trying to learn just then. As it is, your daily life is filled with too many distractions and hindrances that try to get in the way of your tasks; however, now is the time to take as many as possible out of your way. One more thing: turn off the social media! Yes, I am talking about Facebook, Twitter, Snap chat, Instagram... the list goes on and on and grows, it seems, every day! Believe me, you will be amazed at how much better and faster you can learn when you are 100 percent focused on the task at hand.

Take Notes

So you have gone ahead and removed distractions. It will also be beneficial for you to get into the habit of making notes for yourself. Not only can it help to write things down, but you should also consider making voice recordings if processing information is easier for you in that way. In addition,

implementing both practices will give you twice the reinforcement for your information to make it stick better. I have found from my own personal experience that writing information down in note form helps me remember and learn upwards of 200 percent more! Don't downplay how crucial taking notes can be; this can be a huge mistake!

Be Able to Explain to Others

When you go through new information, try to look at it in terms of being able to teach someone else what you have just learned. If you approach things in this manner, you should be able to see the material in a different light.

When you feel you have learned something completely, you should feel comfortable that you could easily explain it to anyone else. Once you begin to feel this way, why not go a step further? Try to explain it to somebody! Even if you are too scared to do this in the physical form, you could easily sign into Skype, find a random person in a random online forum, and attempt to teach him or her. This may sound crazy, but it works! The smartest and best learners in this world are teachers; become one if you want to step up your learning game!

Ask Questions to Test Your Knowledge

It may sound like crazy advice, but talk to yourself about what you are learning. Ask yourself questions to make sure that you are grasping the knowledge that you are working on permanently absorbing. If you have questions you don't feel you can answer, then you need to look at the information from another perspective. The point is to take the information in completely—not just memorize facts. You want to understand the subject matter completely. I have found that being able to answer questions that I ask myself has allowed me to retain information for much longer periods of time.

Relate the Material to Your Life

Making a connection to newly learned material will help you understand it more thoroughly. Find a way to relate your subject matter to your life to make sure that it has firmly become a part of your knowledge

base. This may seem difficult if you are learning something that is completely out of your element, but if you can find a way to somehow tie it all in—even if you are the only one who sees the connection—then you will master it.

Fake It Until You Make It

One of the greatest secrets to learning faster, processing information more effectively, and attaining knowledge for longer periods of time is the strategy of faking it until you make it.

What I am suggesting is that you pretend that you have already learned the information in a 100 percent perfect fashion. Pretend that you love the material you are learning, even if you don't. Pretend—or fake—that you are the greatest learner in the world even if your grades have not indicated it.

The practice of faking it until you make it can change your life. Countless tests and studies have shown that the brain cannot distinguish between what you perceive to be real or fake. The most important thing is controlling the way you think. Keep your thoughts positive and in alignment with your goals. You will then have a much better chance of learning the material as opposed to being negative, doubtful, and unsure of your abilities.

Chapter 3: Improving Your Memory

So now you have started to become more effective at picking up new information. But how exactly are you going to keep track of everything in your head? It's extremely important to learn some new organizational skills and strategies to make sure that your memory can be able to keep up with everything that you are trying to accomplish.

After all, what good is all that new knowledge if you can't remember it long enough to make it useful for you? Let's take a look at some great ways to train yourself to remember more and make a real difference in the way that you approach everyday situations.

Use Associations

To make things stick in your mind, you need to make sure that you find connections to which you can relate. Try using word associations to understand your information more clearly and remember it more easily. If you can connect to the new information by using a strange or unique association in your mind, then you are even more likely to hang on to it.

Chunk Things Together

Organization is important when it comes to remembering new facts. Try putting the information that you are going over into smaller groups so that it's easier for you to retain. For example, break a long string of numbers into groups of four or five instead. It's the same way that we do phone numbers or social security numbers, so you are subconsciously accustomed to taking in information this way anyway. Don't try to overwhelm yourself with information. Learning smaller pieces first on their own and then stringing them together can be much more effective!

Try Rhyming

Did you ever wonder why so many children's songs and books are put into rhyming form? Doing so makes them easier to remember and repeat back. You can use this method as an adult as well, and it will go a long way toward helping you remember a whole host of information. Think about the

rhyme that you might have heard regarding the number of days in the months: “Thirty days has September, April, June, and November.” Because it rhymes, it easily rolls off the tongue and helps keep the information in your mind for later use. This makes it easier to recall whenever you need to pull it back up again.

Acronyms Can Help

Certain lists or types of material do not lend themselves to being rhymed or broken down any further. However, with these types of things you can sometimes find a way to turn them into an acronym for easier retention. One example of this is a pretty common one for schoolchildren. Think of the colors of the rainbow. The easier way to remember them in the correct order is to recall the name ROY G. BIV. Red, orange, yellow, green, blue, indigo, and violet are the names of the colors that can be a lot harder to keep in mind than the short and simple acronym.

Try Using an Acrostic

Another little memory trick that can be useful is to make an acrostic with the information that you want to remember. This is similar to an acronym; however, instead of making a new word, you make a sentence with the first letters of the words. Take for example the directions on the compass, north, east, south, and west. You can remember these easier with an acrostic such as “Never eat soggy worms.” The key is to make things unique or off kilter a bit so that they stick out in your mind.

Chapter 4: Training Your Brain for Success

The tips in the previous chapter are good for starting to build your memory skills and to begin the road to becoming more successful in everything by making your brain a much more powerful tool in your arsenal.

In order to do more than just remember a few things better, you want to actually get further into training your mind rather than just performing a few memory tricks. Here are some ways to make you more capable of learning on a faster level and becoming a natural at remembering these new pieces of information.

Work On Memory and Creative Exercises

The only way to get your brain into tiptop shape and begin making it a more effective tool for your everyday use is to exercise it frequently. Playing some memory and puzzle games can get your brain thinking in different ways. You should also consider picking up a creative hobby or something along those lines to open up your mind a bit. Your brain is just like any other part of your body; if you don't use it, soon it will fade away.

Exercise and Eat Healthy

The best route to go down for gaining your top brain functions is to consider it a whole-body experience. Start a new fitness regime and stick to it. This may seem completely unrelated to building your brain power, but working out releases chemicals in your brain as well, which can help boost your success. It can also help clear your mind and let you release stress, leading to better concentration skills.

In addition to working out your body, taking a closer look at your diet can be beneficial. There is even a group of foods that you should aim for to help your thinking and processing skills. These foods can actually do a lot for you.

- ***Sunflower Seeds***

These, along with other seeds, have a nice mix of vitamin B, omega fatty acids, and protein. They also are high in tryptophan,

which your brain uses for mood elevation. You can also eat the sprouts from these seeds for an extra boost.

- ***Tomatoes***

Eating tomatoes can help balance your mood because this food contains lycopene. Lycopene is an antioxidant that can help in your fight against dementia as well.

- ***Whole-Grain Foods***

In order to get even more B vitamins, carbohydrates, omega fatty acids, and fiber, try adding more whole-grain foods to your diet. These can not only boost your thinking power, but can also help prevent dangerous blood clots from forming.

- ***Avocado***

Avocado is a source of the healthy fats that your body and brain need to work at your optimum pace. They also contain vitamin E, potassium, and vitamin K, which can prevent strokes from affecting you and keep your brain ticking for a long time.

- ***Coconut Oil***

For even more protection against dementia and stroke, you can try adding coconut oil to your diet. This oil is also good for giving your brain extra glucose in a healthy way, which is basically the fuel that your mind uses to process things quicker and to make you a stronger learner.

- ***Beans and Legumes***

In order to supply your brain with even more healthy glucose, indulge yourself with some legumes or beans. They also have a good dose of vitamin B in addition to more of the omega fatty acids that are good for your mind.

- ***Blueberries***

These are just one in a group of darker berries that can do a lot for your brain power. They can help you fend off dementia and improve your memory, learning skills, and other cognitive abilities.

- ***Rosemary***

Rosemary is another essential food for making your mind as sharp as you want it to be. It helps with your memory and your thought processes—even just by the scent alone. Plus, it is a

mood elevator and adds to your energy level, so it's great for you all over!

- ***Spinach***

For another dementia fighter, add some spinach into your meals. Spinach also contains folate and vitamin E for fighting off the risk of stroke and making your brain even more powerful.

- ***Broccoli***

Broccoli is great for boosting your brain power. It is packed with vitamin K, fiber, iron, vitamins B and C, calcium, and beta carotene in order to prevent damage to your mind and keep you at the top of your thinking game.

- ***Chia Seeds***

You can add these seeds to your meals to get a good amount of antioxidants, and they also help add the healthy glucose for your brain power. In addition, they are helpful for adding omega fatty acids.

- ***Dark Chocolate***

While you may not immediately jump to chocolate as a healthy food to start eating, if you eat the right kind in the right amounts then you can really be doing great things for your mind. Dark chocolate is not only a mood elevator, but it also is another antioxidant that can make your brain work at its hardest.

- ***Nuts***

Another source of healthy fats and the important vitamins that your brain needs are almonds and walnuts. Other members of this family are great for you too, but these two choices are at the top of the list for your healthier and faster mind.

- ***Quinoa***

Consider adding quinoa to your diet as well in order to add even more of the healthy glucose that your brain uses. It also can be a good source for B vitamins for your mood and energy levels. These are important to keep you thinking on your feet for many years.

- ***Red Cabbage***

Red cabbage is important for more antioxidants to boost your brain power. It's easy to get and simple to prepare, so consider

making it a bigger part of your meals.

Do Some Different Things

It's important to find creative outlets, improve your diet and exercise routines, and start finding new things to do in your free time. But keep in mind that giving your mind different things to spark its interest can go pretty far in making you more able to learn faster and retain material better. This is in the same thought process as working out; you must exercise your mind for it to become stronger!

Stop Multitasking

If you want to be able to learn subject material in an accelerated fashion and use your brain to its fullest potential, then you have to learn how to concentrate. People today have very busy lives. Sometimes it might seem that you have so many varied things needing your attention all of the time and from many different directions. However, you have to learn to stop trying to do more than one thing at a time to get rid of all of those distractions and frustrations. It may be a natural tendency to want to multi task to get things done more efficiently, but it actually may work against you!

Take a Break

When you are trying to learn something new, you can often find yourself overwhelmed or feeling bogged down with an information overload. If you start to feel this way, step back. Don't keep looking at it until it stops making sense; you can come back to the subject with a fresh perspective and take it in even better if you take a break.

Try Meditation

It's time for you take some real steps toward making your brain power a priority in your life. Learning to center your mind, body, and spiritual side is paramount in becoming a better learner. Try learning some simple meditation techniques. Make them a part of your everyday habits. Doing this can also help you learn to focus better, remove distractions, and concentrate on one item at a time. In addition, it's just a great habit to start for the health of your whole body!

It is in my opinion that many children, young students, college students, and

even adults could greatly improve their ability to learn faster if they implemented a healthy, well-balanced diet. Eating the right foods is like putting the correct gasoline into a car. Without the right gasoline in a car, the car will not function properly and will operate at a much lower level. The same goes for the human body. Feed the body right, give it the vitamins, minerals, and everyday nutrition it needs, and it will achieve much greater results.

Begin implementing some of these foods into your diet to take your learning to the next level. This is probably one of the best things you can do today to make a huge difference!

Chapter 5: Putting It All Together

As you have no doubt seen from the tips in this book, enhancing your brain power is actually more of a total lifestyle alteration. Remember that you want to become a faster learner for so many important reasons in your life, whether it is to be better in your career and your personal relationships or even just to give yourself the time to expand your horizons with new experiences.

Follow the tips in this book to approach your new life with a high level of determination. You will soon see some fantastic changes in your intellect. Remember that it is important to add new experiences, exercises, healthy foods, and memory training from our listed methods into your day. By combining everything that you have learned in this book, you will be amazed by how quickly you can start processing new information, and you will even add more years to your mind.

Accelerated learning is possible for anyone to master. You can make these positive changes in your life with just a little bit of work on your part. Just think of all of the rewards that are waiting for you when you can learn more and remember things at a higher level!

Conclusion

Thank you again for downloading this book!

I hope this book was able to help you reach your goals to learn more, enhance your intellect, improve your memory, and process information faster.

The next step is to suggest this book to your friends and relatives if you feel it will benefit them too. Remember that you can soon learn how to pick up new information faster and fully utilize your hidden brain power and potential to accelerate your learning. This can make you a success in every part of your life, and it's all just waiting for you!

Remember that you need to take action. Reading this book was a great first step, but being passive in terms of accelerating your learning will never benefit you. You must take action on this information, get your legs moving, start experimenting with the techniques put forth in this book, and see what works for you.

Remember that everyone is different. What works for me may not work for you and vice versa.

Finally, if you enjoyed this book, please take the time to share your thoughts and post a review on Amazon. It would be greatly appreciated!

Thank you, and good luck!